

CADENCE

studio cycling + fitness

Indoor Cycling and Group Fitness Instructor Job Description

CADENCE Studio Cycling + Fitness is a locally-owned fitness studio in Lexington, KY offering top-tier instruction in indoor cycling, group training, and lifestyle modification. We're looking for a rockstar team of instructors (e.g., indoor cycling, yoga, HIIT, strength) to help us kick off our studio's opening in April 2018!

Our Indoor Cycling and Group Fitness Instructors do not only teach classes, but instill confidence within others in their unique quest for progression. Your job as an instructor is to deliver fresh and challenging fitness experiences to participants of all ages and ability levels in a safe, effective manner. We offer great employee perks such as competitive pay rates that escalate as class sizes increase, free studio classes, discounted retail merchandise, and best of all -- the ability to positively influence individuals' well-being.

If you meet the qualifications below and would like to apply, visit www.cadencelexington.com/employment and click 'Apply Now'

Essential Duties and Responsibilities:

- Engage with patrons by arriving prior to class start time and assist with with equipment setup
- Deliver high-quality group exercise programming with a focus on community-building
- Create fun, engaging, and crowd-pleasing playlists
- Utilize wireless microphone, in-studio audio/visual controls, and performance-metric display system; equipment troubleshooting when necessary
- Assist in maintaining the neatness and cleanliness of the facility between classes
- Promote the studio when needed at off-site events or via social media

Qualifications/Requirements:

- Embody the CADENCE culture by exuding positivity and promoting a healthy, active lifestyle
- Basic computer proficiency
- Punctuality and reliability is imperative
- Flexible schedule to include occasional morning, evening, and weekend teaching
- Interact in a positive and professional way with patrons and co-workers
- Attend regular team training and development sessions
- High School diploma
- Relevant fitness certification (e.g., indoor cycling, NCCA-accredited group fitness, or specialty certification) or ability to become certified upon hire
- Adult CPR/AED Certification